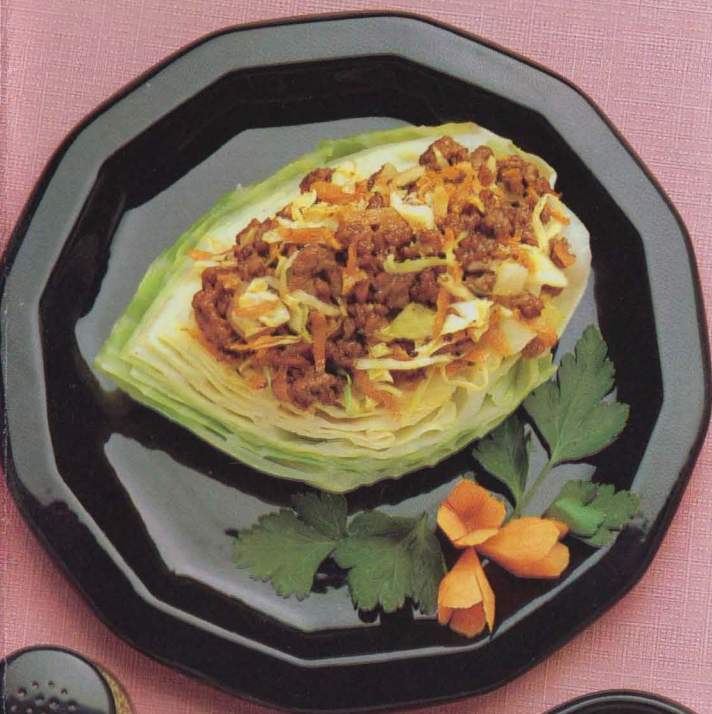


ONTARIO CABBAGE



Cabbage is truly a modern vegetable despite its ancient origins. It's versatile, economical, easy to prepare and universally recognized as healthy food.

Mild tasting cabbage is an excellent source of vitamin C as well as high in fibre and low in sodium. It is also a nutritious low calorie joy. One cup (250 mL) of cooked cabbage has only 37 calories, yet provides the daily requirement of vitamin C.

VARIETY

The most common Ontario cabbage variety is the familiar green cabbage, characterized by its solid, firm head and smooth-textured leaves. Red cabbage is easily recognized by its red or deep purple colour. Lesser known, but growing in popularity is savoy cabbage. Its green head has a loose structure with crinkle-textured leaves.

AVAILABILITY

Due to sophisticated storage facilities, cabbage is a source of "salad" in winter months. High quality red and green cabbages are available from June until March, and savoy cabbage is marketed from July until January.

SELECTION AND STORAGE

When shopping, choose a cabbage with crisp, unblemished leaves and a firm head that is relatively heavy for its size. At home, cabbage will keep for up to 2 weeks if stored in a covered container or moisture-proof bag in the refrigerator.

COOKING TIPS

- To maintain a mild cabbage taste and the desired tender-crisp texture, **DO NOT OVERCOOK**. Cabbage develops a stronger flavour and softer texture the longer it cooks.
- Microwaving, stir-frying or steaming are ideal quick-cooking methods for cabbage as they lessen the nutrient loss and maintain the mild flavour and bright colour. When boiling cabbage, cook in a small amount of water for a minimum amount of time.
- Proper cooking will minimize the aroma of cooking cabbage, but a slice of stale bread placed on top of the cooking vegetable will neutralize the odour.
- When cooking red cabbage, use stainless steel or glass, and add a little vinegar or lemon juice to retain the colour. Cooking red cabbage in a cast iron or aluminum pot will result in a darker, less attractive colour.

CABBAGE AND CARROTS WITH CHEESE SAUCE

The tangy cheese sauce makes this simple cabbage dish a treat.

4	2-inch (5 cm) wedges Ontario Cabbage	4
4	medium carrots, peeled and cut in 2-inch (5 cm) pieces	4
1 cup	water	250 mL
½ tsp	salt	2 mL

Sauce:

2 tbsps	butter	25 mL
1 tbsps	flour	15 mL
1 cup	milk	250 mL
1 tsp	horseradish	5 mL
¼ tsp	dill weed	1 mL
¼ tsp	dry mustard	1 mL
1 cup	grated old cheddar cheese	250 mL

Arrange cabbage wedges and carrot pieces in a large, shallow skillet or pan. Add water and salt. Cover, bring to a boil; reduce heat and simmer 15 minutes or until vegetables are tender. Drain carefully and set aside.

Melt butter in a small saucepan, stir in flour and cook 1 minute. Remove from heat. Add milk and stir well. Add seasonings. Cook and stir over medium heat until thickened. Add cheese and stir until melted.

Pour sauce over vegetables and serve. Makes 4 servings. *Preparation time: 15 minutes. Cooking time: 35 minutes.*

Microwave method: Melt butter in a 2-cup (500 mL) glass measure or bowl, 30 to 35 seconds, at High. Stir in flour. Add milk and seasonings and stir well. Cook at High 3 to 4 minutes until thickened. Stir frequently. Add grated cheese, stir until melted. Let stand, covered, while vegetables are cooking.

Arrange cabbage wedges in pinwheel fashion, in a microwave safe baking dish. Arrange carrot pieces between cabbage wedges. Add only ¼ cup (50 mL) water. Cover with plastic wrap; vent one corner. Cook at High 6 to 8 minutes or until vegetables are tender. Rotate dish once or twice during cooking. Drain carefully.

Pour sauce over vegetables and serve. *Microwave cooking time: 13 minutes.*

RED CABBAGE BRAISED IN WINE

Featured on the cover, this dish has an ethnic twist.

4	strips bacon	4
4 cups	chopped Ontario Red Cabbage	1 L
1	small onion, chopped	1
1 tbsp	brown sugar	15 mL
½ cup	dry red wine	125 mL
pinch	cinnamon	pinch
pinch	cloves	pinch
1	apple, peeled, cored and diced	1

In a large skillet, over medium heat, cook bacon until crisp. Set aside to drain on paper towel. Reserve 2 tbsp of bacon drippings. Add cabbage, onion, brown sugar, wine and spices to bacon drippings. Cook over medium heat 3 to 5 minutes, until moisture is evaporated. Reduce heat to simmer; add apple. Cover and cook 5 minutes. Place in serving dish, sprinkle with crumbled bacon. Makes 4 servings. *Preparation time: 15 minutes. Cooking time: 20 minutes.*

SCRAMBLED CABBAGE

Looking for something different for brunch? Scrambled cabbage served with sausages and toasted English muffins is sure to please.

6	eggs	6
1 tsp	soy sauce	5 mL
1 tsp	Worcestershire sauce	5 mL
1 tsp	ginger	5 mL
½ tsp	salt	2 mL
½ cup	diced, cooked ham	125 mL
1 tbsp	vegetable oil	15 mL
1	small onion, chopped	1
2 cups	finely shredded Ontario Cabbage	500 mL
2 tbsp	chopped pimento	25 mL

Beat eggs with next 4 ingredients. Add ham, set aside. Heat oil in large skillet over medium heat. Add onion and cabbage; stir-fry 5 minutes or until cabbage is wilted. Add egg mixture; stir and cook until egg is cooked but not dry. Garnish with pimento and serve. Makes 4 servings. *Preparation time: 10 minutes. Cooking time: 10 minutes.*

STUFFED CABBAGE WHOLE

This unique recipe, featured on the cover, is easier to make than it looks.

1	medium head Ontario Cabbage	1
1 lb	ground beef	500 g
1	medium onion, chopped	1
1	clove garlic, minced	1
1	medium carrot, grated	1
½ tsp	thyme leaves	2 mL
½ tsp	salt	2 mL
⅛ tsp	pepper	0.5 mL
1	egg, lightly beaten	1
1 cup	chicken broth	250 mL
½ tsp	caraway seeds	2 mL
½ cup	sour cream	125 mL
1 tbsp	all-purpose flour	15 mL

Remove outer leaves from cabbage and reserve 1 large leaf. Cut out core and then spoon out heart of cabbage, leaving 1-inch (2.5 cm) shell. Reserve 1 cup (250 mL) chopped cabbage. (The remaining inside of cabbage can be used for soup, salad or side dish).

In frying pan, brown beef, onion and garlic. Drain off excess fat. Stir in reserved 1 cup (250 mL) chopped cabbage, grated carrot, thyme, salt and pepper. Cook and stir for about 3 minutes or until cabbage is tender-crisp. Cool slightly and stir in egg. Pack firmly into cabbage shell. Cover stuffing with reserved cabbage leaf.

In 3-quart (3 L) saucepan, combine chicken broth and caraway seeds. Add stuffed cabbage. Cover, bring to a boil and simmer for 25 to 30 minutes or until cabbage is tender. Remove cabbage from saucepan and discard covering leaf; keep warm.

Combine sour cream and flour; stir into liquid remaining in saucepan. Cook and stir until thickened and smooth. To serve, cut cabbage into 4 wedges. Place on serving plates and spoon on sauce. Makes 4 servings. *Preparation time: 30 minutes. Cooking time: 30 minutes.*



SAVOY CABBAGE SALAD

Try this cabbage, melon and nut combination next time you are entertaining a crowd. The choice in dressings gives the salad two completely different tastes.

3 cups	finely shredded Ontario Savoy Cabbage	750 mL
1	medium carrot, thinly sliced	1
1	green pepper, cut in 1-inch (2.5 cm) pieces	1
2 cups	bean sprouts	500 mL
½	cantaloupe, peeled and cut in bite size chunks	½
½ cup	peanuts (optional)	125 mL

Layer all ingredients in a large glass bowl. Serve with either Soy Sauce and Chili Dressing or Mint Yogourt Dressing. Makes 8 servings. *Preparation time: 15 minutes.*

SOY SAUCE AND CHILI DRESSING

½ cup	water	125 mL
2 tbsp	soy sauce	25 mL
2 tbsp	lemon juice	25 mL
1 tbsp	vinegar	15 mL
1 tsp	brown sugar	5 mL
2	garlic cloves, minced	2
1 tsp	crushed dried red chillies	5 mL
½ tsp	ginger	2 mL
1 tbsp	vegetable oil	15 mL

Combine all ingredients, except oil, in a small saucepan. Bring to a boil, reduce heat and simmer 10 minutes. Strain and chill. Just before serving, beat in oil with fork. Makes ½ cup (125 mL). *Preparation time: 5 minutes. Cooking time: 10 minutes.*

MINT YOGOURT DRESSING

½ cup	plain yogourt	125 mL
½ tsp	onion powder	2 mL
1 tsp	dried mint leaves	5 mL
pinch	salt	pinch

Combine all ingredients; mix well. Let stand at least 1 hour for flavours to blend. Makes ½ cup (125 mL). *Preparation time: 5 minutes. Standing time: 1 hour.*

WARM CABBAGE SLAW

This warm salad or vegetable side dish is a welcome change from traditional cole slaw.

2 tbsp	butter	25 mL
6 cups	shredded Ontario Cabbage (½ medium head)	1.5 L
1	medium apple, chopped	1
2 tbsp	cider vinegar	25 mL
1 tbsp	sugar	15 mL
1 tsp	prepared mustard	5 mL
½ tsp	salt	2 mL
⅓ cup	mayonnaise	75 mL

In large frying pan, melt butter. Stir in cabbage and apple. Combine vinegar, sugar, mustard and salt; add to cabbage. Cook and stir until heated through, about 2 minutes. Remove from heat and stir in mayonnaise. Serve immediately. Makes 4 to 6 servings. *Preparation time: 10 minutes. Cooking time: 5 minutes.*

ORIENTAL CABBAGE STIR-FRY

This quick way to dress up cabbage also preserves the mild flavour and nutrients.

2 tbsp	butter	25 mL
1	medium onion, chopped	1
1 tbsp	sesame seeds	15 mL
6 cups	shredded Ontario Cabbage (½ medium head)	1.5 L
2 tbsp	soy sauce	25 mL
1 tbsp	liquid honey	15 mL
1 tbsp	Ontario dry sherry (optional)	15 mL
¼ tsp	ginger	1 mL
⅛ tsp	pepper	0.5 mL

Over medium heat, melt butter in a large frying pan. Stir in onion and sesame seeds and cook for 2 minutes. Add cabbage and cook, stirring occasionally, for 5 minutes longer or until tender-crisp.

Meanwhile, combine remaining ingredients. Add to cooked cabbage in pan and heat through. Makes 4 to 6 servings. *Preparation time: 10 minutes. Cooking time: 8 minutes.*

CABBAGE TURNOVERS

Serve hot from the oven or bake ahead and freeze ready to reheat for unexpected company.

1/4 cup	butter	50 mL
4 cups	finely shredded Ontario Cabbage	1 L
1	small onion, chopped	1
2 tsp	caraway seeds	10 mL
3/4 cup	grated brick cheese	175 mL
1	pkg (14 oz/397 g) frozen puff pastry, thawed	1
	Dijon mustard	
	sour cream	

Melt butter in a large skillet, over medium heat. Add cabbage, onion and caraway. Cook and stir until cabbage is completely wilted, 7 to 10 minutes. Cool. Stir in cheese.

Roll pastry into a rectangle, 12 x 16 inches (30 x 40 cm). Cut into 12 squares. Brush each pastry square with a small amount of Dijon mustard. Place equal portions of filling in the centre of each square. Moisten pastry edges with water, fold over filling to form a triangle. Seal edges by pinching together.

Place turnovers on an ungreased baking sheet. Slash tops to allow steam to escape. (Brush tops with egg, beaten with 2 tbsp (25 mL) water, if desired). Bake at 400°F (200°C) 15 to 20 minutes or until golden brown. Serve hot with sour cream. Makes 12 turnovers. *Preparation time: 40 minutes. Cooking time: 35 minutes.*



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